



XTR0001



TR6.6 TREADMILL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

WARNING-To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 220~240-volt, 10-amp grounded outlet with only the treadmill plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Please verify and make sure safety key functions properly before using the treadmill. Always wear the safety key clip while in use.
- For energy savings, always unplug the power cord when treadmill is not in use.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The maximum operating temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).

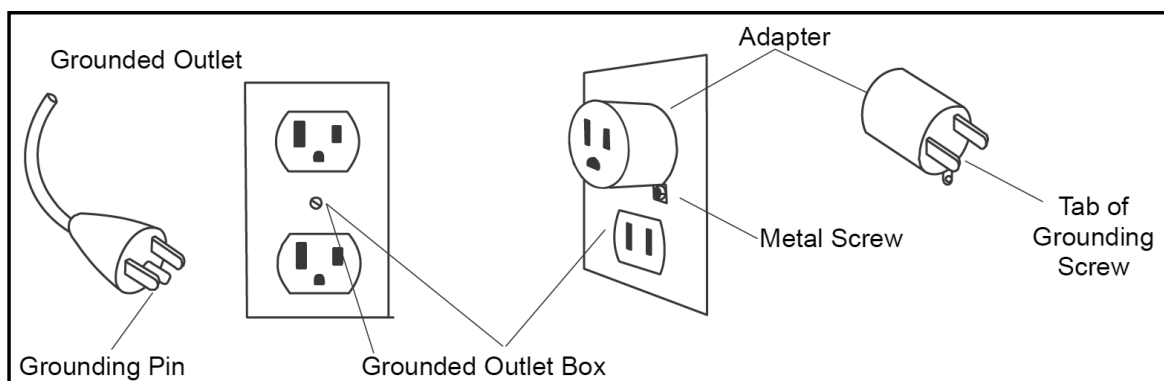
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at www.squared.com part # QO120HM.

GROUNDING INSTRUCTIONS

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220~240-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid earlug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

IMPORTANT SAFETY INSTRUCTIONS

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the red portion of the console control head between the Start and Stop keys. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.

Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

Safety hints

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.

Also, please note the following safety precautions:

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
 - a-To disconnect, turn all controls to the off position, then remove plug from outlet.
 - b-Use the treadmill only for it is intended use as described in this manual.
 - c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
 - d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
 - e-Start your program slowly and very gradually increase your speed and distance.
 - f-Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
 - g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
 - h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised not to play with the appliance

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

CAUTION!! Please be careful when opening this unit.

Introduction

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

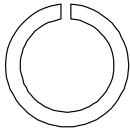
Specifications

- Drive Motor: 3.0 hp
- Speed Range: 1 – 18 kmph
- Running Surface: 510 m/m x 1525 m/m
- Incline Level: 0-15 Levels
- Folding Design: YES

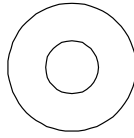


MAX.USER WEIGHT 160 KGS

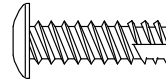
Assembly Pack Check List



148. $\varnothing 8 \times 1.5T$
Split Washer (4pcs)



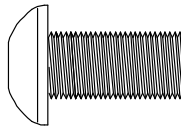
94. $\varnothing 5/16" \times 19 \times 1.5T$
Curved Washer (2pcs)



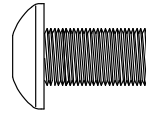
88. $5 \times 16m/m$
Tapping Screw (4pcs)



95. $M5 \times 10m/m$
Phillips Head Screw (2pcs)



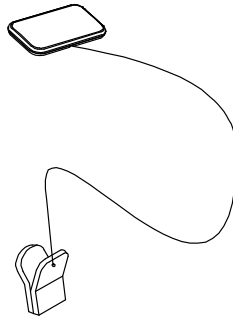
90. $5/16" \times 3/4"$
Button Head Socket Bolt (4pcs)



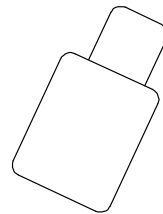
93. $5/16" \times 15m/m$
Button Head Socket Bolt (8pcs)



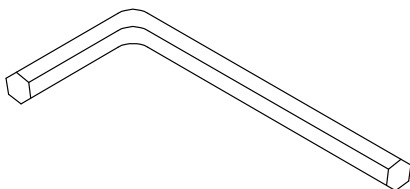
132. M5
Speed Nut Clip (4pcs)



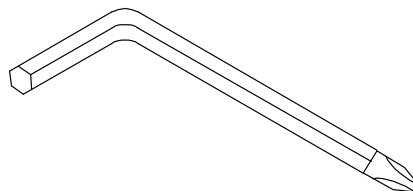
33. Safety Key (1pc)



58. Lubricant (1pc)



97. M6 (66 \times 86)
L Allen Wrench (1pc)

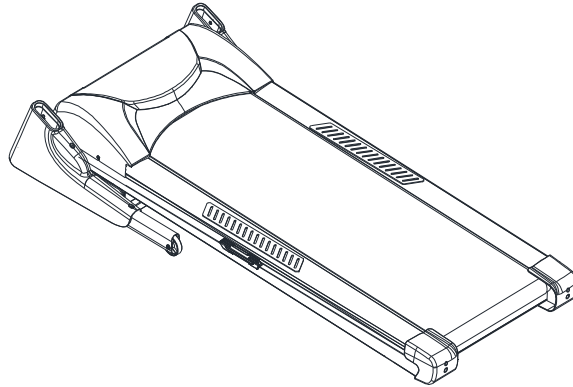


96. Combination M5 Allen Wrench &
Phillips Head Screw Driver (1pc)

Assembly Instructions

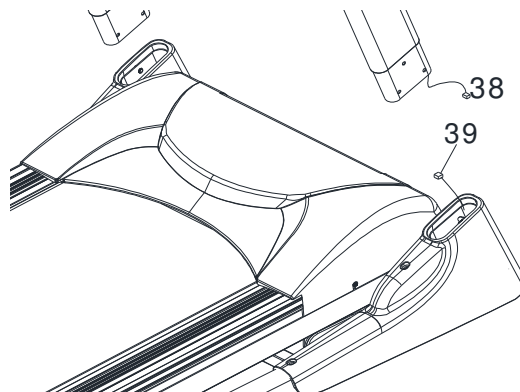
Step 1.

Take out the treadmill from the carton and lay it aside on the smooth ground.



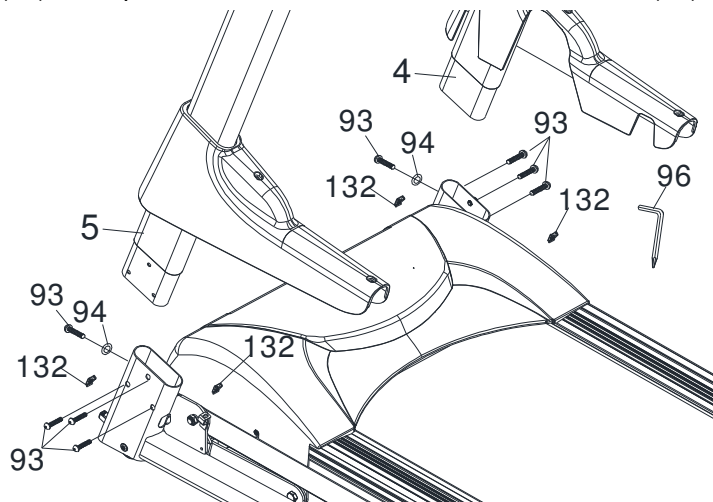
Step 2.

Connect the Computer Cable (Lower) (39) and Computer Cable (Middle) (38).



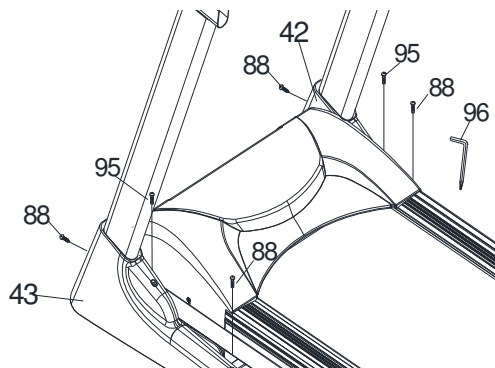
Step3.

Insert Right and Left Uprights (4) and (5) into the Frame Base (2) with 4pcs of Speed Nut Clips (132) and use Combination M5 Allen Wrench & Phillips Head Screw Drive (96) to tighten 8 pcs of 5/16" × 15m/m Button Head Socket Bolts (93) and 2pcs of Ø5/16" × 19 × 1.5T Curved Washers (94).



Step4.

Use Combination M5 Allen Wrench & Phillips Head Screw Drive (96) to tighten four 5 × 16m/m Tapping Screws (88) and two M5 × 10m/m Phillips Head Screws (95) to secure right and left Frame Base Covers (42 , 43) on the mainframe.

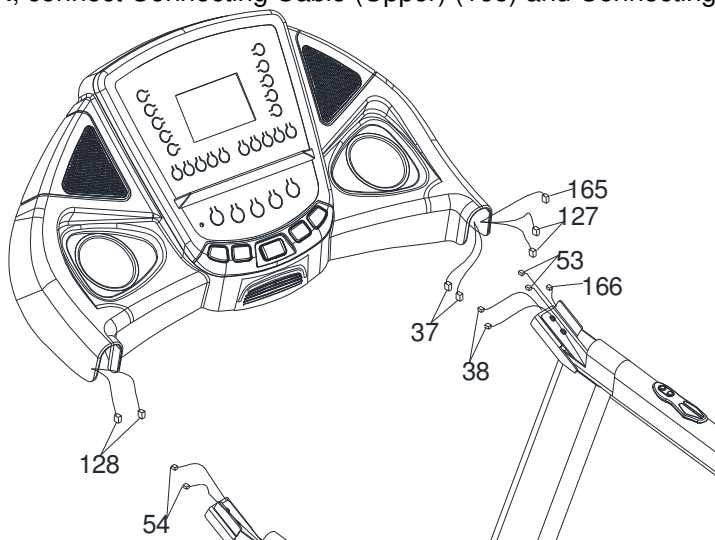
**Step5.**

Connect the Computer Cable (Middle)(38) and Computer Cable (Upper)(37).

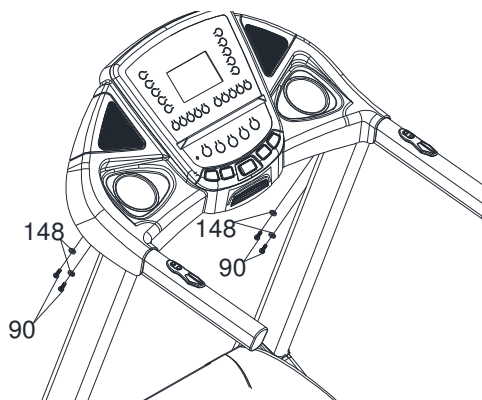
Connect the Speed Cable (Upper) (127) and Speed/Hand Pulse Complex (53).

Connect the Incline Cable (Upper) (128) and Incline/Hand Pulse Complex (54).

If there is Receiver, HR, connect Connecting Cable (Upper) (165) and Connecting Cable (Lower) (166).

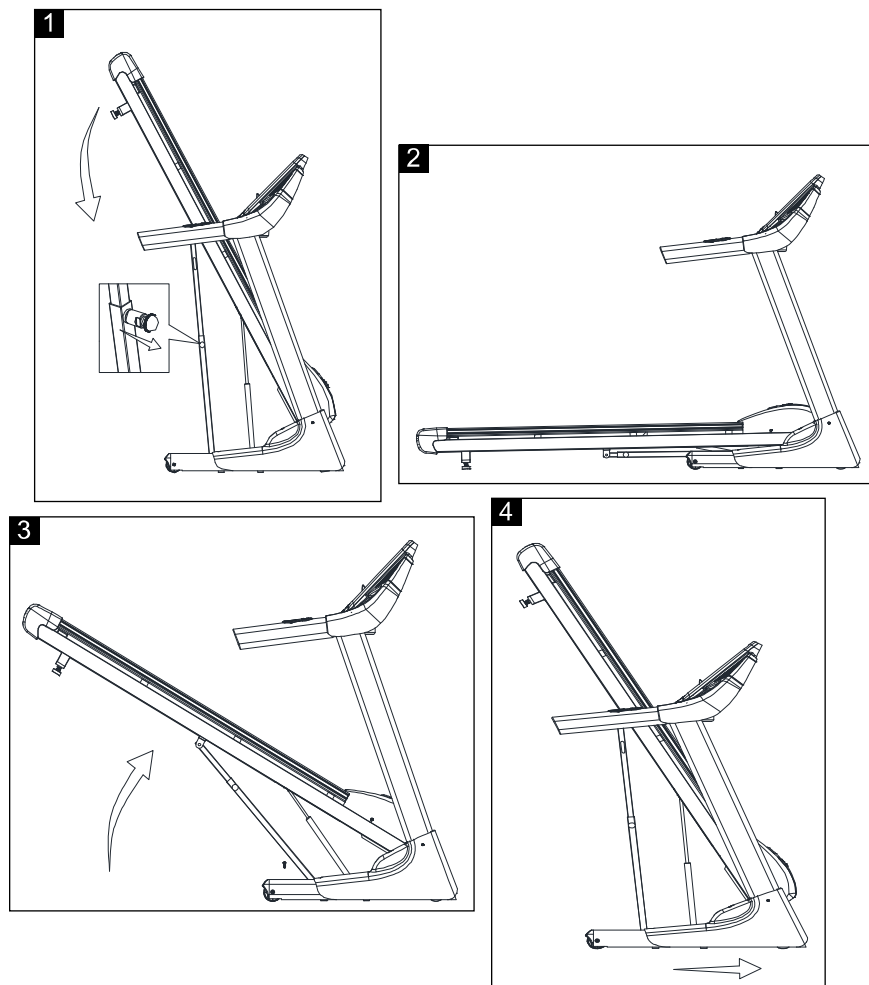
**Step 6.**

Use four 5/16" × 3/4" Button Head Socket Bolts (90) and four Ø8 × 1.5T Split Washers (148) to secure the console assembly.



NOTE: Please Tighten All Screws After All Components Assembly Complete.

FOLDING INSTRUCTIONS



➤ **UNFOLDING**

Pull locking knob and hold running deck and lower down to the floor.
(As shown Figure 1_2.)

➤ **FOLDING**

Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3)

➤ **TRANSPORT**

Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide. (As shown in Figure 4)

- 1). Hold the upper ends of the handrails. Place one foot on the base .
- 2). Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treading. Do not attempt to move the treadmill over an uneven surface.
- 3). Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

Operation of Your Treadmill

Getting familiar with the control panel

■ Console



GETTING STARTED :

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it.

When the power is turned on a message will scroll across the dot matrix showing the current software version. Then the Time and Distance windows will display Odometer readings for a short time. The Time window will show how many hours the treadmill has been in use and the Distance window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the Safety Key to wake the display up (if not already on).
2. Press the Start key to begin belt movement. Then adjust to the desired speed using the ▲ / ▼ keys (console or handgrip). You may also use the rapid speed keys 2 through 10 to adjust the speed.
3. To slow the tread-belt press and hold the ▼ key (console or handgrip) to the desired speed. You may also press the rapid speed adjust keys, 2 through 10.
4. To stop the tread-belt press Stop key or pull away Safety Key.

PAUSE/STOP/RESET FEATURE

1. When the treadmill is running the pause feature may be utilized by pressing the red Stop key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the Start key. The speed and incline will return to their previous settings.
 - Pause is executed when the Stop button is pressed once. If the Stop button is pressed a second time, the program will end and a workout summary will be displayed. If the Stop button is pressed a third time, the console will return to the idle mode (start up) screen. If the Stop button is held down for more than 3 seconds the console will reset.

INCLINE FEATURE

1. Incline may be adjusted anytime after belt movement.
2. Press and hold the Adjust ▲ / ▼ keys on the left hand side (console or handgrip) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 2 through 10, on left hand side of console (incline).
3. The display will indicate incline position as adjustments are made.

DOT MATRIX CENTER DISPLAY(Program Operation)

Eighteen rows of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level(speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation the Speed /Incline dot matrix window will build a profile "picture" as values are changed during a workout. When the Speed indicator - which is above dot matrix - is lit the Dot matrix displays the Speed profile and when the Incline indicator is lit the Dot Matrix displays the Incline profile.

You may change the Dot Matrix profile view that you desire by pressing the DISPLAY button. After scrolling through the three profiles which include incline, speed and incline + speed profile, by pressing the DISPLAY button, the Dot matrix will automatically scroll through the three displays showing each one for five seconds.

0.4 km Track

The 0.4km track will be displayed around the dot matrix window. The flashing dot indicates your progress. Once the 0.4km is complete this feature will begin again. The number of completed laps is displayed in the Laps window.

Pulse Grip Feature

The Pulse (Heart Rate) readout will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse. Pulse value displays anytime the upper display is receiving a Pulse signal.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

To Turn Treadmill Off

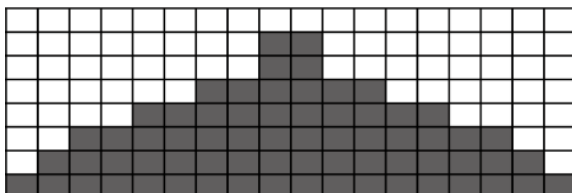
1. Display will automatically turn off (go to sleep) after 30 minutes (no key operations). The treadmill will draw very little current in sleep mode (about as much as your television when it is turned off).
2. Remove tether cord.
3. Turn off the main switch on the front of the treadmill, below the motor cover.

Attention

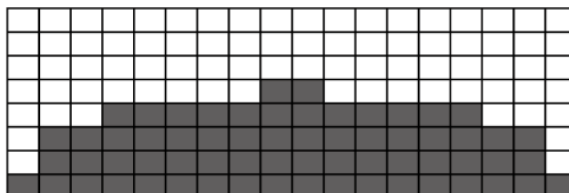
Your new console comes configured in an in-store 'Display Mode' of operation, where the console will remain powered on unless the main power switch is turned off. To exit the display mode, for normal operation, press and hold the Stop, Enter and Display keys for 5 seconds; the display will show: Display mode - On. Use the Incline ▲/▼ key or the Speed ▲/▼ key to change the setting to Off then press Enter.

PRESET PROGRAM PROFILES

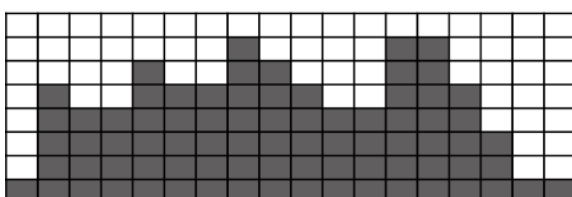
Ascent - Work



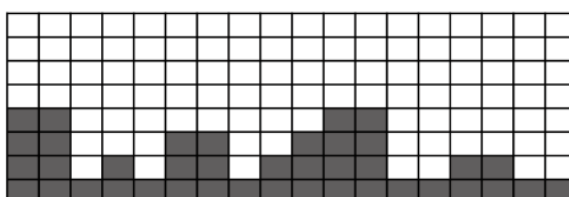
Ascent - Incline



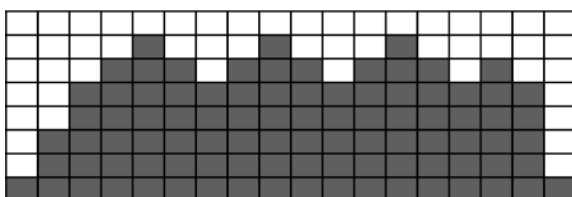
Glute Blast - Work



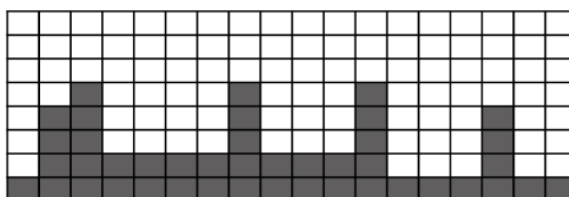
Glute Blast - Incline



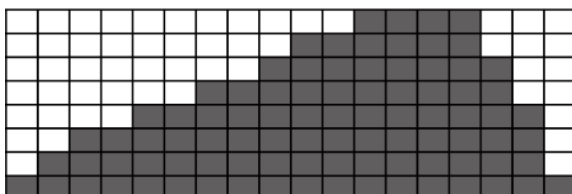
Adventure - Work



Adventure - Incline



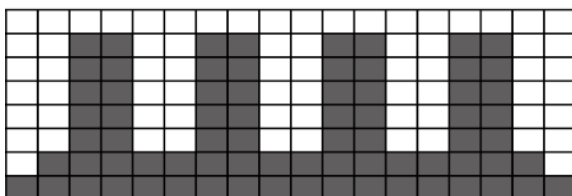
Xtreme - Work



Xtreme - Incline



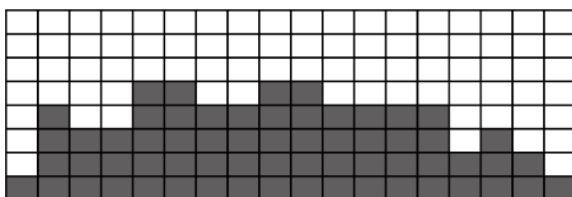
Interval - Work



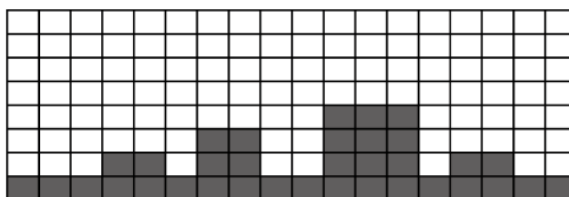
Interval - Incline



X Country - Work



X Country - Incline



PROGRAMMABLE FEATURES

To Select and Start a Preset Program

1. Press the desired Program key to select desired program. Press Enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.
2. If Enter was pressed, the Message window will display with the default Time value of 30 minutes. You may use any of the ▲ / ▼ keys to adjust the time. After adjusting, or to accept the default value, press Enter. (Note: You may press Start at any time during the programming to start the program.)
3. The Display will now be blinking a value, indicating your Body Weight(default is 150lbs.) Entering the correct body weight will affect the calorie count. Use the ▲ / ▼ keys to adjust, then press Enter.
A note about the calorie display. No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.
4. The Display will be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the ▲ / ▼ keys to adjust the time. After adjusting, or to accept the default, press Enter. (Note: You may press Start at any time during the programming to start the program). Press Start to begin your workout.
5. The Display will now be blinking the preset top speed of the selected program (3 mph or 5 kph). Use the Speed ▲ / ▼ keys to adjust, then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The Display will be blinking the preset top incline of the selected program(3.0%). Use the Incline ▲ / ▼ keys to adjust, then press Enter.

You are now done programming data and may press Start to begin your workout or Enter to go back one level to change data entered in the programming phase.

User Programs

1. Select User 1 or User 2 via the Program key then press Enter. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).
There is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The Display will flash the letter "A". To change it, press the ▲ key, then "B" will be displayed; if the ▼ key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press Stop and it will be stored under either User 1 or User 2.
2. If Enter was pressed, the Display will now be blinking a value, indicating your Age (default is 35).
Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the ▲ / ▼ keys to adjust, then press Enter. (Note: You may press Start at any time during the programming to start the program.)
3. The Display will now be blinking a value, indicating your Body Weight (default is 150lbs). Entering the correct body weight will affect the calorie count. Use the ▲ / ▼ keys to adjust, then press Enter.
4. The Display will be blinking a value, indicating Time (the default value is 30 minutes). You may use any of the ▲ / ▼ keys to adjust the time. After adjusting, or to accept the default, press Enter. (Note: You may press Start at any time during the programming to start the program). Press Start to begin your workout.
5. The Display will now be blinking the preset top speed of the selected program (0.5 mph or 0.8 kph). Use the Speed ▲ / ▼ keys to adjust, then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
6. The Display will now be blinking the preset top incline of the selected program (0%). Use the Incline ▲ / ▼ keys to adjust, then press Enter.

You are now done programming data and may press Start to begin your workout or Enter to go back one level to change data entered in the programming phase.

Fitness Program

1. Press the Fitness key. Press Enter to select the program. The display will prompt you through the programming.
2. If Enter was pressed, the Message Center will now be blinking a value, indicating your Age (default is 35). Entering your correct age affects the heart rate Bar Graph Display and the Heart Rate programs. Use the ▲ / ▼ keys to adjust, then press Enter. Your age determines your recommended maximum heart rate. Since the Bar Graph Display and the Heart Rate features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.
3. The Message Center will now be blinking a value, indicating your Body Weight (default is 150 lbs.). Entering the correct body weight will affect the calorie count. Use the ▲ / ▼ keys to adjust, then press Enter. **A note about the Calorie display:** No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout. The calorie count displayed in this program won't be accurate because the machine can't calculate calories expended while strength training.
4. The Message Center will now be blinking the preset top speed of the selected program (3 mph or 5 kph). Use the ▲ / ▼ keys to adjust, then press Enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program can reach.
5. The Message Center will be blinking the preset top incline of the selected program (1.0%). Use the Incline ▲ / ▼ keys to adjust, then press Enter.
6. The Message Center will be blinking the number of intervals desired (default is 10; you may select 10, 20, or 30). Use the ▲ / ▼ keys to adjust, then press Enter.
7. The Message Center will be blinking the desired Interval time (default is 1:00). The time you select will be the duration of both the cardio & strength intervals. Note: on average you will complete 15-45 repetitions of the strength exercise in a 0:15 interval. As a general rule, the longer the interval, the less weight (dumbbells) and speed (treadmill) required; use the ▲ / ▼ keys to adjust, then press Enter.
8. The Message Center will be blinking the desired recovery time you desire after completing both the cardio & strength intervals. Use the ▲ / ▼ keys to adjust, then press Enter.

Program Example

- The user selects 10 intervals (5 cardio and 5 strength) with the following interval. durations – length of each cardio & strength interval is 0:30, recovery interval is 1:00
 - Program begins with a 3:00 warm up (1:00 @ 1.6kph, 1:00 @ 3.2kph, and 1:00 @ 4.8kph)
 - 1st cardio interval begins, lasting 0:30; console counts down to 0:00 and the Message Center displays: “STRENGTH INTERVAL 1 BEGIN DUMBBELL ROW”
 - User steps off of the treadmill to perform the strength exercise. The console counts down to 0:00 and beeps 3x signaling the user to get back on the treadmill.
 - Console displays “PRESS START TO BEGIN RECOVERY”; user walks @ 3.2kph for 1:00
 - Console then displays 2nd cardio interval and the process proceeds until the user has performed 5 cardio, strength, and recovery intervals; the 5 strength exercises will be performed sequentially as listed in this manual.
 - The last 2:00 are a Cool Down phase with the user walking on the treadmill @ 3.2 Kph
- If 20 intervals was selected, you would perform each strength exercise twice, before moving on to the next exercise. If 30 intervals is selected, you will perform each exercise once, then repeat the sequence of all 5 exercises a 2nd & 3rd time.

CAUTION

Exercises that require dumbbell use - Select a pair of dumbbells that you will be able to safely and effectively maneuver over the strength interval time you have chosen.

HEART RATE

The heart rate grips are located on the left and right handlebars that are positioned parallel to the walking deck. You can periodically grasp both of these (palms over the steel sensors) until you see your current heart rate. This readout is for reference only and should not be used medically in any way. It is not recommended to use the heart rate grips if the treadmill belt is moving faster than 4 mph. This may cause you to lose your balance.

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

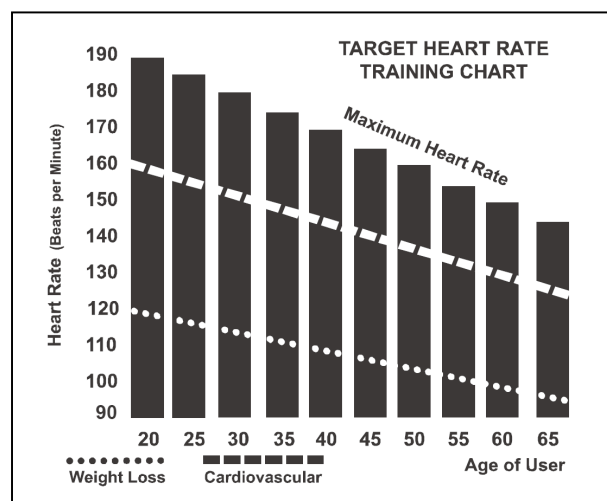
To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your Maximum Heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .8 = 144$ beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

After calculating your MHR you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control programs treadmills you may use the heart rate monitor feature without using the Heart Rate. This function can be used during manual mode or during any of the eleven different programs.

CAUTION!

The target value is a suggestion only for normal, healthy individuals. **Do not exceed your limits!** You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

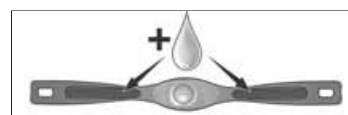
- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

WEARING THE CHEST STRAP

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

Heart Rate Program Operation

The Heart Rate Programs use your treadmill's incline system to adjust your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed. Additionally, changes in incline keep you in control of the machine's speed instead of the machine controlling you.

Selecting A Heart Rate Program

You have the option, during the setup mode, to choose either the Weight Control (HR-1) program or the Cardiovascular (HR-2) program. The Weight Control program attempts to maintain your heart rate at 60% of your Maximum Heart Rate. The Cardiovascular program attempts to maintain your heart rate at 80% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from 220. Your age input is performed during the setup mode.

CAUTION!

The target value used in HR-1 and HR-2 programs is a suggestion only for normal, healthy individuals. ***Do not exceed your limits!*** You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

1. Press the HR1/HR2 key to select the HR1 or HR2 program. Pressing the key once will show the HR1 program; pressing twice will show the HR2 program.
2. The Pulse window will be blinking, showing the default HR for this program. You may adjust it and press Enter if you want or just press Enter to accept the default value.
3. The Calorie window will now be blinking showing bodyweight. Adjust and press Enter or press Enter to accept the default.
4. The Pulse window will now be blinking showing age. Adjust and press Enter or press Enter to accept the default.
5. The Time window will now be blinking. Adjust the time and press Enter.
6. Press Start to begin program.

****Remember that you must maintain contact with the sensors or wear the chest strap for the program to work.**

GENERAL MAINTENANCE

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft,damp cloth,or paper towel,wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

BELT DUST

This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from The belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

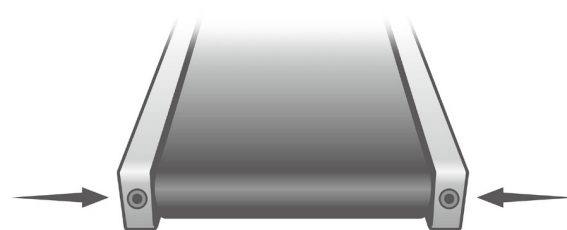
BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (132) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN - Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt -located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

NOTE: Adjustment is through small hole in end cap.

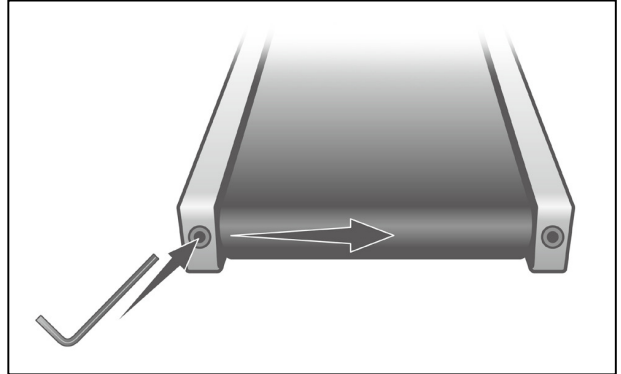


TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

SETTING TREAD-BELT TRACKING

A 6 mm Allen wrench (132) is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.



If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

BELT/DECK LUBRICATION PROCEDURE

First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides of the belt. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than XTERRA Fitness approved lubricant. Your treadmill comes with one tube of "Lube" and extra tubes can be ordered directly from XTERRA Fitness or your authorized XTERRA Fitness dealer. You may also use a Lube-n-Walk kit that can be purchased through both aforementioned sellers.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn't any lubrication present, follow the procedure below even though the "Lube" indicator isn't lit on the console. Otherwise, lubricate when the console's lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet.
2. Measure 18" from the edge of the motor cover; kneel down and reach under the belt approximately 4-6" from one edge. Squirt a line of lubricant about 1/8" wide x 15" long in an "S" pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.
6. Note: If the "Lube" message appears on the console, perform the following procedure to reset the message:
 1. To enter the Engineering Mode Menu press and hold down the Start, Stop and Enter keys, then at the same time insert the safety key. Keep holding the keys down until the Message Center displays Engineering Mode Menu. Press the Enter button to access.
 2. Press the Speed ▲ button (or Speed ▼ button to go backwards) until "Functions" appears; press Enter.
 3. Press the Speed ▲ button until "Reset Lube" message appears; press Enter.
 4. Press Stop to exit Engineering mode and resume use of your treadmill.

SERVICE CHECKLIST – DIAGNOSIS GUIDE

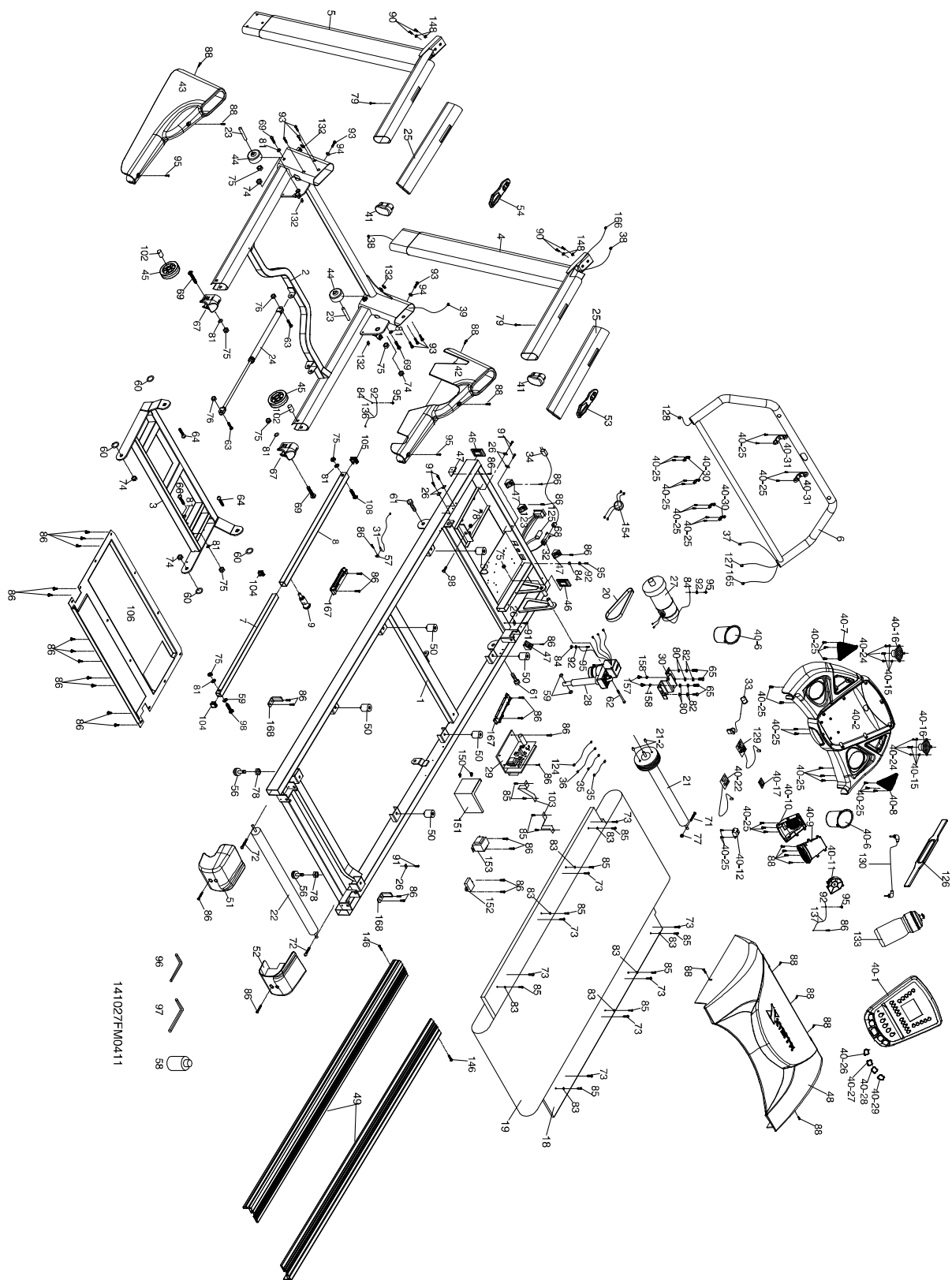
Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM

SOLUTION/CAUSE

Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	<p>The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly Off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension Adjust as necessary.</p>
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 1. If the belt moves, but stops after a short time and the display shows "LS", run calibration. 2. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	<p>This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your dealer. A minimum of 220 V AC current is required.</p>
Tread-belt stops quickly/suddenly when tether cord is pulled	<p>High belt/deck friction. See General Maintenance section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side</p>
Treadmill trips on board 10 amp circuit	<p>High belt/deck friction. See General Maintenance. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side</p>
Computer shuts off when console is touched (on a cold day) while walking/running	<p>Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions on page 3.</p>
House circuit breaker trips, but not the treadmill circuit breaker	<p>Need to replace the house breaker with a "High In-rush current" type breaker (see page 3 for details)</p>

EXPLODED VIEW DIAGRAM



141027FM0411



PARTS LIST

Part Number	Part Description	Qty per unit
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Locking Knob	1
18	Running Deck	1
19	Running Belt	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~2	Magnet	2
22	Rear Roller	1
23	Wheel Sleeve	2
24	Cylinder	1
25	PVC Handgrip	2
26	Wire Tie Mount	6
27	Drive Motor	1
28	Incline Motor	1
29	Motor Controller	1
30	Motor Bracket	1
31	Sensor W/Cable	1
32	Power Socket	1
33	Square Safety Key	1
34	Power Cord	1
35	150m/m_Connecting Wire (White)	1
36	150m/m_Connecting Wire (Black)	1
37	1200m/m_Computer Cable (Upper)	1
38	1150m/m_Computer Cable (Middle)	1
39	1200m/m_Computer Cable (Lower)	1
40	Console Assembly	1
40~1	Console Inner Cover	1
40~2	Console Outer Cover	1
40~5	Square Magnet Stop Plate	2
40~6	Drink Bottle Holder	2
40~7	Speaker Cover (L)	1
40~8	Speaker Cover (R)	1
40~9	Top Fan Cover	1
40~10	Bottom Fan Cover	1
40~11	Fan Assembly	1

Part Number	Part Description	Qty per unit
40~12	Safety Switch Module W/ Cable	1
40~15	Speaker Grill Anchor	6
40~16	600m/m_Speaker W/Cable	2
40~17	0.5W Amplifier Controller	1
40~22	500m/m_Sound Board W/Cable	1
40~24	Ø3.0 × 10m/m_Sheet Metal Screw	6
40~25	Ø3.5 × 12m/m_Sheet Metal Screw	30
40~26	FAN Key	1
40~27	Stop Key	1
40~28	Start Key	1
40~29	ENTER Key	1
40~30	Ø22.2_Console Bracket Anchor	4
40~31	Ø32_Console Bracket Anchor	2
41	Handgrip End Cap	2
42	Frame Base Cover (R)	1
43	Frame Base Cover (L)	1
44	Transportation Wheel (A)	2
45	Transportation Wheel (Rear)	2
46	30 × 60m/m_Square End Cap	2
47	Motor Cover Anchor	5
48	Motor Top Cover	1
49	Aluminum Foot Rail	2
50	Cushion	6
51	Rear Adjustment Base (L)	1
52	Rear Adjustment Base (R)	1
53	Speed/Hand Pulse Complex	1
54	Incline/Hand Pulse Complex	1
56	Adjustment Foot Pad	2
57	Sensor Rack	1
58	Lubricant	1
59	Ø24 × Ø10 × 3T_Nylon Washer (A)	3
60	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
61	1/2" × 1" _Hex Head Bolt	2
62	3/8" × 92m/m _Hex Head Bolt	1
63	5/16" × 1" _Button Head Socket Bolt	2
64	1/2" × 1-1/4" _Carriage Bolt	2
65	3/8" × 3/4" _Hex Head Bolt	4
66	3/8" × 4-1/2" _Socket Head Cap Bolt	1
67	Wheel Cover	2
68	Ø3 × 10m/m_Sheet Metal Screw	2
69	3/8" × 2" _Flat Head Socket Bolt	4
71	M8 × 60m/m _Hex Head Bolt	1
72	M8 × 80m/m _Socket Head Cap Bolt	2
73	M8 × 30m/m _Flat Head Countersink Bolt	8
74	1/2" × 8.0T _Nyloc Nut	4
75	3/8" × 7.0T _Nyloc Nut	8

Part Number	Part Description	Qty per unit
76	5/16" × 6.0T_Nyloc Nut	2
77	M8 × 7.0T_Nyloc Nut	1
78	3/8" × 7.0T_Nut	3
79	Ø3 × 75m/m_Sheet Metal Screw	2
80	Ø10 × Ø25 × 2.0T_Flat Washer	4
81	Ø10 × Ø19 × 1.5T_Flat Washer	8
82	Ø10 × 2.0T_Split Washer	4
83	Ø25 × Ø20 × Ø16 × Ø5 × 4.5H × 1.1T_Concave Washer	8
84	Ø5 × 1.5T_Star Washer	4
85	Ø4 × 12m/m_Sheet Metal Screw	12
86	Ø5 × 16m/m_Tapping Screw	35
88	Ø5 × 16m/m_Tapping Screw	13
90	5/16" × 3/4" Button Head Socket Bolt	4
91	Ø3.5 × 16m/m_Tapping Screw	6
92	Ø5 × 1.5T_Split Washer	5
93	5/16" × 15m/m Button Head Socket Bolt	8
94	Ø8 × Ø19 × 1.5T_Curved Washer	2
95	M5 × 10m/m_Phillips Head Screw	7
96	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
97	M6 (66 × 86)_L Allen Wrench	1
98	3/8" × 1-1/2" Hex Head Bolt	2
102	Rear Wheel Sleeve	2
103	Belt Guide	2
104	21.8 × 21.8m/m_Square End Cap	2
105	25.4 × 25.4m/m_Square End Cap	1
106	Motor Bottom Cover	1
108	3/8" × 1-3/4" Hex Head Bolt	1
123	On/Off Switch	1
124	100m/m_Connecting Wire (Black)	1
125	Breaker	1
126	Chest Strap	1
127	1000m/m_Speed Adjustment Switch W/Cable(Upper)	1
128	1000m/m_Incline Adjustment Switch W/Cable(Upper)	1
129	Receiver, HR	1
130	400m/m_Audio Cable	1
132	M5_Speed Nut Clip	4
133	Drink Bottle	1
136	1000m/m_Ground Wire	1
137	400m/m_Console Ground Wire	1
146	Ø4 × 19m/m_Sheet Metal Screw	2
148	Ø8 × 1.5T_Split Washer	4
150	Ø3 × 8m/m_Sheet Metal Screw	2
151	Controller Back Plate	1
152	Filter	1
153	Choke	1
154	650m/m_Connecting Cable Of Motor	1

Part Number	Part Description	Qty per unit
157	M8 × 12m/m_Hex Head Bolt	2
158	M8_Split Washer	2
165	1000m/m_Connecting Cable (Upper)	1
166	500m/m_Connecting Cable (Lower)	1
167	Rubber Foot	2
168	Foot Rail Back Plate	2



WARRANTY, SAFETY AND ASSEMBLY INFORMATION
XTERRA-TR6.6

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their treadmill to be free from defects in material and workmanship under normal use and service conditions.

The various components of the treadmill are warranted against defects and workmanship for the time periods specified as follows:

XTERRA-TR6.6
Lifetime Frame
Lifetime Motor
5 years Deck
2 years Parts

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to **Service 07 3272 7010**.

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Phone	07 3272 7010
Hours	9:00am – 4:00pm Mon-Fri (excluding public holidays),
Email:	spares@boylesfitness.com.au
Website	www.bfe.net.au

BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to **INDOOR HOME/DOMESTIC USE ONLY**.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty **DOES NOT** cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to **INCORRECT ASSEMBLY**.

If you do have problems please go back to the start and double check your assembly and pay special attention to all **WIRING** connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at spares@boylesfitness.com.au including your best contact details, proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it.

If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

NOTE. If we arrange for a service technician (where applicable) and it is found that it is not a manufacturers fault and found to be an assembly issue, normal wear and tear, transport damage or misuse, then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

WARRANTY TERMS- Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is NON transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals, and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations. This includes a lack of lubrication between the deck and the running belt and or incorrect alignment/ adjustment of treadmill belts that result in damage. **DO NOT USE WD40 or anything similar.**

BFE only recommend to use the factory supplied lubricant or our LUBE-N-WALK kit.



You can purchase from your retailer or call us direct on 02 46 366 680.

- (c) **Power Surges.** The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers or you can call us on 02 46 366 680 to get a price.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by NON BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly on 02 46 366 680. BFE will have the option to repair or replace any product which requires attention under the warranty.

NOTE: Lifetime refers to the warranty coverage of the units expected service life. NOT the lifetime of the purchaser.

Servicing/Spare Parts- As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty. You should only use genuine BFE replacement parts; otherwise the warranty will be voided.

Freight Costs:

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

Returned Goods:

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

Additional Warranty

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing sales@boylesfitness.com.au (Not available in all areas)

Service Department hours: Monday to Friday between 9am and 4pm

Service Phone Number: 07 3272 7010 Email spares@boylesfitness.com.au

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more than 50km from G.P.O in all capital cities.

Disclaimer:

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'major failure' and for compensation for any other reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume, nor authorise any representative or other person to make or assume for BFE, any warranties whatsoever, whether expressed or implied, in, in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.

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